

Red Zone



angry



mad



terrified

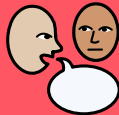


aggressive

Actions



deep breaths



talk to



an adult



go to



a calm room

Green zone



happy



calm



ready to



learn



ok

Actions



Complete work



talk to



friends



help



someone

Yellow zone



frustrated



hyper



silly



upset



worried

Actions



Think

of 3



great



things



talk to



an adult



exercise



go to



a quiet place

Blue Zone



sad



bored



sick



tired

Actions



fidget toy



deep breaths



drink



rest

